



MedlinePlus

What is NLM?

- ▶ World's largest biomedical library
- ▶ Founded in 1836
- ▶ Mission: enabling biomedical research, supporting health care and public health, and promoting healthy behavior

What is NNLM?

- ▶ NNLM is coordinated by the National Library of Medicine and has a mission to:
 - ▶ Provide health professionals with equal access to biomedical information
 - ▶ Improve the public's access to information to make informed health decisions
- ▶ NNLM MAR provides education and training in the region for organizations who provide health information to the general public on:
 - ▶ Health information resources
 - ▶ Health information program planning
 - ▶ Health literacy



MedlinePlus

- ▶ NLM main portal for consumer health information
- ▶ Offers information on over 1,000 health topics, medications and supplements
- ▶ Available in English and Spanish

The screenshot shows the MedlinePlus website. At the top, it says "U.S. National Library of Medicine". The MedlinePlus logo is prominently displayed with the tagline "Trusted Health Information for You". To the right is a search bar labeled "Search MedlinePlus" with a green "GO" button. Below the search bar are links for "About MedlinePlus", "Site Map", "FAQs", and "Customer Support". A navigation bar contains "Health Topics", "Drugs & Supplements", and "Videos & Tools", with a language toggle for "Español" on the right. On the left side, there are three green boxes with icons: an apple for "Health Topics" (Find information on health, wellness, disorders and conditions), a pill for "Drugs & Supplements" (Learn about prescription drugs, over-the-counter medicines, herbs, and supplements), and a video camera for "Videos & Tools" (Discover tutorials, health and...). On the right, there is a social media sharing bar for Facebook, Twitter, and Google+. Below this is a featured article titled "About 1 in 3 adults in the U.S. has high blood pressure, but many don't realize it." with a sub-headline "Learn how to prevent high blood pressure with our topic page." and a pagination control showing "1 2 3 4 ||". The featured article image shows a heart-shaped bowl filled with various fruits and vegetables, with a stethoscope resting on it.

MedlinePlus



Women'sHealth

HEALTH

FITNESS

GET ABS—NO GYM REQUIRED

WEIGHT LOSS

SUBSCRIBE



WOMEN'S HEALTH

The Trick That Helped
Khloe Kardashian Drop...

WOMEN'S HEALTH

The Best Diet Plan for
Weight Loss: Your 7-Day...

WOMEN'S HEALTH

How to Rid Yourself of
Belly Pooch Forever

WOMEN'S HEALTH

CrossFit Obsession

WOMEN'S HEALTH

Flat Belly Fast—No
Crunches!

Recommended by



'I Did A Low-Carb Diet For 2 Weeks—Here's How Much Weight I Lost'

This shockingly easy plan allowed wine AND cheese.

MedlinePlus

Check with your doctor or health care provider before starting a low-carb diet.

Many carbohydrates occur naturally in foods found in whole grains and legumes, or the following:

- Grains
- Fruits
- Vegetables
- Milk
- Nuts
- Seeds
- Legumes (beans, lentils, peas)

But most studies have found that at 12 or 24 months, the benefits of a low-carb diet are not very large.

If you suddenly and drastically cut carbs, you may experience a variety of temporary health effects, including:

- Headache
- Bad breath
- Weakness
- Fatigue
- Constipation or diarrhea



Healthy Lifestyle

Weight loss

Could a low-carb diet give you an edge in losing weight? Help you keep weight off permanently? Here's what you need to know about the low-carb diet.

MedlinePlus In a Nutshell

- ▶ Drug and herbal supplement information
- ▶ Videos and animations
- ▶ Surgery videos
- ▶ Health check tools
- ▶ Easy-to-read materials
- ▶ Multiple languages
- ▶ Medical dictionary & encyclopedia
- ▶ Health news

Health Topics

 U.S. National Library of Medicine



GO

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[Health Topics](#)

[Drugs & Supplements](#)

[Videos & Tools](#)















[Español](#)

MedlinePlus Health Topics

Find topics A-Z

A B C D E F G H I J K L M N O P Q R S T U V W XYZ [List of All Topics](#)

Body Location/Systems

-  [Blood, Heart and Circulation](#)
-  [Bones, Joints and Muscles](#)
-  [Brain and Nerves](#)
-  [Digestive System](#)
-  [Ear, Nose and Throat](#)
-  [Endocrine System](#)
-  [Eyes and Vision](#)
-  [Immune System](#)
-  [Kidneys and Urinary System](#)
-  [Lungs and Breathing](#)
-  [Mouth and Teeth](#)
-  [Skin, Hair and Nails](#)
-  [Female Reproductive System](#)
-  [Male Reproductive System](#)

Disorders and Conditions

- [Cancers](#)
- [Diabetes Mellitus](#)
- [Genetics/Birth Defects](#)
- [Infections](#)
- [Injuries and Wounds](#)
- [Mental Health and Behavior](#)
- [Metabolic Problems](#)
- [Poisoning, Toxicology, Environmental Health](#)
- [Pregnancy and Reproduction](#)
- [Substance Abuse Problems](#)

Diagnosis and Therapy

- [Complementary and Alternative Therapies](#)
- [Diagnostic Tests](#)
- [Drug Therapy](#)
- [Surgery and Rehabilitation](#)
- [Symptoms](#)
- [Transplantation and Donation](#)

Demographic Groups

- [Children and Teenagers](#)
- [Men](#)
- [Population Groups](#)
- [Seniors](#)
- [Women](#)

Health and Wellness

- [Disasters](#)
- [Fitness and Exercise](#)
- [Food and Nutrition](#)
- [Health System](#)
- [Personal Health Issues](#)
- [Safety Issues](#)
- [Sexual Health Issues](#)
- [Social/Family Issues](#)
- [Wellness and Lifestyle](#)

[Home](#) → [Health Topics](#) → [Domestic Violence](#)

Domestic Violence

Also called: Battery, Partner abuse, Spousal abuse

On this page

Basics

- [Summary](#)
- [Start Here](#)
- [Latest News](#)

Learn More

- [Related Issues](#)
- [Specifics](#)

See, Play and Learn

- [Videos and Tutorials](#)

Research

- [Statistics and Research](#)
- [Clinical Trials](#)
- [Journal Articles](#)

Resources

- [Find an Expert](#)

For You

- [Children](#)
- [Teenagers](#)
- [Patient Handouts](#)

- [Symptoms](#)
- [Diagnosis and Tests](#)
- [Prevention and Risk Factors](#)
- [Treatments and Therapies](#)

- [Genetics](#)

Research

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- [Journal Articles](#)

Resources

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For You

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- [Women](#)
- [Seniors](#)
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Go to: [Statistics and Research](#)

Drugs & Supplements

 U.S. National Library of Medicine



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MedlinePlus Drugs & Supplements

Drugs, Herbs and Supplements

Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name:




A B C D E F G H I J K L M N O P Q R S T U
V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).

Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.



All herbs and supplements

Videos & Tools

NIH U.S. National Library of Medicine



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MedlinePlus Videos & Tools

Videos & Tools



Watch health videos on topics such as anatomy, body systems, and surgical procedures. Test your knowledge with interactive tutorials and games. Check your health with calculators and quizzes.



Health Videos

View videos of anatomy and body systems and how diseases and conditions affect them.



Surgery Videos

Find videos of operations and surgical procedures.



Health Check Tools

Check your health with interactive calculators, quizzes and questionnaires.



Games

Boost your health knowledge by playing interactive health games.

Search all Videos & Tutorials

[GO](#)[Understanding Medical Words Tutorial](#)[Evaluating Health Information Tutorial](#)[To Your Health: NLM Update Podcast](#)

Other MedlinePlus Features



Easy-to-Read Materials



Organizations and Directories



Health Information in Multiple Languages



MedlinePlus Connect for EHRs

• Types of Diabetes

 **Easy-to-Read** (National
Also in Spanish

[Home](#) > [Violence Against Women](#) > Get help for violence

Violence Against Women

Resources by state on violence against women

Below is a list of resources for women who have experienced abuse.

If you do not find your state in this list, please contact the [National Domestic Violence Hotline \(NDVH\)](#) for assistance in locating programs in your area. You can reach the NDVH at 800-799-SAFE (7233) or TDD 800-787-3224.

Organizations are listed by state. The District of Columbia, Puerto Rico, and the U.S. Virgin Islands are also included. Click on any state name to jump to its organizations. Click any organization name for program and contact information.

[Alabama](#) | [Alaska](#) | [Arizona](#) | [Arkansas](#) | [California](#) | [Colorado](#) | [Connecticut](#) | [Delaware](#) | [District of Columbia](#) | [Florida](#) | [Georgia](#) | [Hawaii](#) | [Idaho](#) | [Illinois](#) | [Indiana](#) | [Iowa](#) | [Kansas](#) | [Kentucky](#) | [Louisiana](#) | [Maine](#) | [Maryland](#) | [Massachusetts](#) | [Michigan](#) | [Minnesota](#) | [Mississippi](#) | [Missouri](#) | [Montana](#) | [Nebraska](#) | [Nevada](#) | [New Hampshire](#) | [New Jersey](#) | [New Mexico](#) | [New York](#) | [North Carolina](#) | [North Dakota](#) | [Ohio](#) | [Oklahoma](#) | [Oregon](#) | [Pennsylvania](#) | [Puerto Rico](#) | [Rhode Island](#) | [South Carolina](#) | [South Dakota](#) | [Tennessee](#) | [Texas](#) | [Utah](#) | [Vermont](#) | [Virgin Islands](#) | [Virginia](#) | [Washington](#) | [West Virginia](#) | [Wisconsin](#) | [Wyoming](#)

ESCAPE

Click the red escape button above to immediately leave this site if your abuser may see you reading it.

Health Information in Multiple Languages

Use these links to find health information in languages other than English. See our [page](#)

Browse information in multiple languages by [health topic](#).

[Amharic](#) (Amarinñña / አማርኛ)

[Arabic](#) (العربية)

[Armenian](#) (Հայերեն)

[Bengali](#) (Bangla / বাংলা)

[Bosnian](#) (bosanski)

[Burmese](#) (myanma bhasa)

[Cape Verdean Creole](#) (Kabuverdianu)

[Chinese, Simplified \(Mandarin dialect\)](#) (简体中文)

[Chinese, Traditional \(Cantonese dialect\)](#) (繁體中文)

[Chuukese](#) (Trukese)

Available on Any Device





<https://medlineplus.gov/>

A dark blue banner with a wavy bottom edge. A small green square is located in the top right corner of the banner.

Please complete a survey

<http://bit.ly/MAR-AHEC>

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